

**Abstract**

A method of calculating an individual progressive lens is described.

This invention is characterized by the following steps:

- Creating one or more basic designs for lenses based on theoretical specifications,
- Creating starting designs from these basic designs,
- Calculating individual progressive lenses from the starting designs corresponding to the individual data from wearing test subjects,
- Creating the valid starting designs for production and
- Calculating the individual lenses from the starting designs according to individual customer data.